

Student Name: _____

Class: _____

Date: _____

Please answer the following 5 questions using information on the Ten Essentials for hiking.

1. Which of the following items is one of the ten essential items?
 - ☐ Cell Phone
 - ☐ iPod
 - ☐ Extra food
 - ☐ Nintendo DS
2. Which of the following items is the most important to have in your pack?
 - ☐ Matches or lighter
 - ☐ Extra food and water
 - ☐ Knife
 - ☐ All are equally important items
3. Why should you carry a map of the area and compass in your pack on the trip?
 - ☐ Paper makes an excellent fire starter.
 - ☐ Using the map and compass along with land features, I can identify where I am on the trail.
 - ☐ So I have something to point at when I ask someone directions on the trail.
 - ☐ I can tell which direction is true north with the compass.
4. How many people should you hike with when in the woods?
 - ☐ No one, I can hike safely alone.
 - ☐ My best friend.
 - ☐ 2 or more people, preferably a small group.
 - ☐ Whoever I can get to join me.
5. Why should you pack the ten essentials for your trip?
 - ☐ Because my teacher told me to.
 - ☐ To be prepared for whatever might come up on the trip.
 - ☐ To increase the resistance on my muscles so I get stronger.
 - ☐ So that my pack looks full and I do not have to carry anything else.

6. While hiking in the local national park with a friend, your friend slips and falls, cutting their leg. While the injury is not life threatening, it is bleeding and they have difficulty putting weight on it. You are a couple of miles from the trailhead on a well travelled trail and able to contact others by cell phone. However, you will need to wait for several hours until help arrives. Describe how you will care for your friend's injury and what supplies you have to keep yourself comfortable while you wait for help to arrive.

Student Name: *Answer Sheet*

Class: _____

Date: _____

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 - ☐ **All are equally important items**
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6. While hiking in the local national park with a friend, your friend slips and falls, cutting their leg. While the injury is not life threatening, it is bleeding and they have difficulty putting weight on it. You are a couple of miles from the trailhead on a well travelled trail and able to contact others by cell phone. However, you will need to wait for several hours until help arrives. Describe how you will care for your friend's injury and what supplies you have to keep yourself comfortable while you wait for help to arrive.

Answer should include the following information:

- *First Aid kit to treat injuries*
- *Extra Food to eat*
- *Extra Water to drink*
- *Extra Clothes to keep warm*
- *Possibly a plan for shelter if needed*